



New Year's Resolutions for Seniors

New Year's resolutions can be a big undertaking - especially considering how big we often dream. Whether we want to travel the world, learn a new language, or break an old habit, ambitious resolutions can sometimes be difficult to achieve. Rather than trying to make change happen all at once, we encourage you to take each day one step at a time, and make small, deliberate changes wherever you feel they are needed. Provided by HealthinAging.org, here are just a few of the best recommended Healthy New Year's Resolutions for seniors.

Practice healthy eating habits.

Variety is the spice of life – especially when it comes to food. In later life, fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats become especially important, as calorie intake typically needs to be lessened. Collard greens, oranges, carrots and cantaloupes are a great source of nutrition, and chicken and turkey are excellent substitutes for high-fat meats. Last but not least, don't forget about the value of calcium and Vitamin D! Yogurt, cheese, and low-fat milks will help you keep your bones strong, your body able, and your confidence in tip-top shape.

Get enough sleep. You might think that you don't need 7-8 hours anymore, but believe it or not, you do! A healthy sleeping pattern is vital for anyone looking to make a positive change – especially seniors. Try to avoid taking naps so that you get plenty of rest come nighttime.

Exercise your brain. An active mind is a healthy mind, so look for any and all opportunities to increase your cognitive reserve! This can take many forms, and is oftentimes achievable through your simple, day-to-day interactions with others. Reminisce with a friend about when

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Happy Birthday!

Residents

Jan. 03	Viola W.
Jan. 05	Max B.
Jan. 05	Edna G.
Jan. 12	Pauline M.
Jan. 15	Zora B.
Jan. 24	Timothy C.
Jan. 26	Lucille P.
Jan. 28	Bonny C.
Jan. 30	Harry P.
Jan. 30	Joanne C.
Jan. 31	Frances H.

Staff

Jan. 09	Bobbie P.
Jan. 10	Gabriela A.
Jan. 17	Dakota H.
Jan. 27	Jessica R.

Executive Director Corner

Happy January, and welcome to a new decade! I'm excited to be kicking off 2020 with warm memories of holiday celebrations shared with you, and I hope that you're starting to get excited about all that this year will have in store. With everything that we have planned over the course of the coming weeks and months, from Theme Dinners to community outings, to *Live a Dream* and *Lifelong Learning* courses, it's safe to say that The Roaring Twenties are back and better than ever.

Around this time of the year, you probably hear people talking about their New Year's resolutions – and more often than not, how difficult it can be to follow through with them. Rest assured, if you have a goal that you want to achieve, a special passion that you want to pursue, or a resolution that needs tending to, we're here to support you every step of the way. Have you been meaning

to get back in touch with your inner writer, but don't know where to begin? Our *Artisans* program offers opportunities for creative expression twice weekly, and is the perfect starting point for any aspiring artist. If you're wanting to stretch your actual muscles as opposed to your writing ones, our *Vitality* program meets up to three times a week, and includes wellness options such as strength training and yoga. Of course, if you're not looking to make any immediate changes, that's fine too – we like you just the way you are!

From everyone on our campus team, we sincerely thank you for joining us for the start of yet another new year. We couldn't be more excited about getting to spend this next chapter of our lives with you, and we hope that you feel the same way.

Yours in Service,
Bradley Macklin
Executive Director

2020 Theme Dinners

Save the date for our upcoming theme dinners:

Thursday, February
20th - Willy Wonka

Thursday, May 21st
- Robin Hood

Thursday, August 20th -
Alice in Wonderland

Thursday, October 22nd -
Mystery on the Orient Express

Volunteer News

Volunteers give the gift of time. Over 3,000 people presently serve as volunteers within Trilogy campuses. Families make great volunteers!! As a volunteer, you are part of the Trilogy team. **So why volunteer? Here are just a few benefits:**

- Personal satisfaction
- Community involvement
- New, meaningful friendships
- Developing new skills
- Utilizing your skills to teach others

Suggested ways to volunteer include but are not limited to:

- Manicures
- Visiting with Residents
- Leading an activity or teaching a skill, such as knitting or crocheting
- Reading to residents
- Helping residents get to and from activities and meals
- Photography for special events

For more information on how you can become a volunteer, stop in to see LED Becky Bryant or contact Becky at the campus at 765- 482-2076. We can't wait to get your started in our Volunteer Program!

Photo Highlights



Smile of the Month

Doris S. wins this month's 'Smile of the Month'! Doris is active in the campus and is especially fond of helping the Activity Staff with decorating for Christmas!



In Memory *We had the pleasure of honoring our veterans and their service to our country. Here, Hillman B. receives a handmade blanket from a campus volunteer. Thank you again to all of our former and current military personnel.*



Sunday Brunch *Our Family brunch in November was Thanksgiving themed. The residents loved a traditional Thanksgiving meal including turkey, ham, mashed potatoes, corn, green beans, rolls and various delicious desserts. Lola S. is enjoying her evening with her beloved family.*



Customer Service Moment

Homewood was honored to be the venue for this young couple just beginning their lives. Resident Kay Z. had the time of her life watching her granddaughter get married. Congratulations!



Legacy Lane Spotlight *Here our Legacy Lane ladies are busy setting up their holiday decorations. It's a tradition at Homewood for the residents of Legacy Lane to add their own sparkle and flare to the season!*



Creative Crafts with Brenda

Please join us every Tuesday at 2pm in the Activity Room. Spend some time with friends, and help us to extend our heartfelt 'Thanks!' to our wonderful and faithful volunteer, Brenda. Brenda has been a volunteer at Homewood for four years.

Try Something New with Becky



Hello everyone and welcome to a New Year. My name is Rebecca Bryant and

I am pleased to be back in the Activity Department as the new Life Enrichment Director. How exciting is it that we get another year to make new exciting memories and possibly some new friends?! We would love to grow our volunteer base, read further in the newsletter how you can join!. If you have a servant's heart and would love to donate your time to further engage and enrich lives, we would absolutely love to have you join our family. This year we want to make our activity department a "10". We cannot do this without the help of all of you. Please share your ideas with us in our monthly inspired living committee and/or resident council. Let us know how we can meet your needs or give ideas for this year's outings. Thank you all for a great 2019 and here's to an amazing 2020! We have some new activities planned for your loved ones, including a new campus choir! And again, we hope you join our AWESOME group of volunteers who assist us on a daily basis. Feel free to contact me with any questions at 765 482 2076. Hope to see you soon!



HOMEWOOD

HEALTH CAMPUS

A Trilogy Senior Living Community

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Lebanon, IN 46052

765-482-2076

homewoodhc.com | [t](#) [f](#)

Bradley Macklin
Executive Director

Lee Brattain
Director of Health Services

Tanya Tunnell-Brewer
Assistant Director of Health Services

Susan McCollum
Customer Service Representative

Charles Stanley
Customer Service Specialist

Jobna Hawkins
Business Office Manager

Rebecca Bryant
Life Enrichment Director

Wendy Smith
Human Resources

Jessica Reynolds
Social Service Director

William Mixson
Director of Food Services

Penny Horton
Environmental Services Director

Nathan Overpeck
Maintenance

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Keep up with latest campus news
and happenings by following
us on your favorite social networks!

*We strive to provide the best customer
service and quality care for our residents.*

*Our Department Leaders are here
to solve any concerns you may have.*

*In the event that you need further
assistance with any unresolved concerns,
we encourage you to call or email
our Compliance Hotline: 800-908-8618,
ext. 2800; or comply@trilogyhs.com*

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'Resolutions'

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you met your spouse, or challenge a staff member to a quick game of cards. Talk to a loved one about their favorite book, then ask them to bring it by so that you can read it for yourself. The possibilities are limitless, which makes this a great - and flexible! - goal to work towards.

Speak up when you feel down or anxious. Nobody should have to face their problems alone, and nobody should feel alone in their experiences. Studies have shown that as many as 1 in 5 seniors exhibit signs of depression or anxiety; including feelings of sadness, irritability, guilt, and remorse. If you or someone you know is displaying signs of anxiety or depression, encourage them to open up to family, friends, or a

member of our team. It can make all the difference.

Dedicate your time towards tackling smaller goals like these, and you will be well on your way towards achieving some of your larger goals for 2020! Of course, if you need help getting started on your New Year's resolution, we will be more than happy to help you. Contact a member of our team today to get started on your goals for this year!



Word Search

S	U	H	R	D	M	R	J	F	S	A	H	O	N	R	M	H	E	X
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ACHIEVE
AMBITION
CHALLENGE
DEDICATE

EXERCISE
EXPERIENCE
GOALS
HABITS

HEALTH
NEW YEAR
OPPORTUNITY
POSITIVE

RESOLUTIONS
SENIORS
SLEEP
TRAVEL